

Active Older Adult Programs

About the White Plains Recreation & Parks AOA Program

The Active Older Adult Program is located at the White Plains Recreation & Parks Community Center at 65 Mitchell Place, on the first floor of the historical Armory Plaza in downtown White Plains. There are numerous multi-purpose activity rooms all on one floor. Metered parking is available on Mitchell Place or in the City Center Parking Garage located on Martine Ave and Main Street.

The White Plains Senior Center Café Program, Transportation and Supportive Services are partially funded through the US Department of Health and Human Services, the New York State Office for the Aging and the Westchester County Department of Senior Programs and Services.

White Plains residents 60 years old and up qualify to participate in the Active Older Adult classes, programs and services. Enjoy a variety of **Recreation and Leisure Activities** with classes, trips and special events throughout the year. Through our **Wellness Support and Lunch & Learn** programs you can receive guidance and direction from health care professionals. **Community Services Assistance** is also available to White Plains Senior residents who may require help with various problems navigating County and other government programs. In our **Lending Library** you can take out some interesting books. Make sure you visit our **Boutique Shop** and help us to sponsor programs by donating your unused items. Lastly, our **Senior Café** serves a delicious, nutritious hot lunch daily from 11:30am–noon for a **\$2.75** suggested contribution. **Meal reservations can be made for a week at a time (24 hour reservation required), call 422-1423.**

REFUND POLICY: For trips and events, a partial refund may be possible with trips involving lunch, otherwise there are NO refunds unless your cancellation is filled. Refunds for trips and events must be picked up within 3 months after the event/trip has commenced. There are no refunds for Center parties, luncheons and events. For any programs cancelled by the Department of Recreation & Parks Senior Program, a full refund will be issued.

Center Transportation Services - For reservation call 422-1423. Service is available, door to door, to and from your home. Reservations can be made for a week at a time (**24 hour reservation required**). Fee is a **75¢** suggested contribution per one-way service. **Center Bus Schedule 8:30 & 10am; 1 & 3pm.**

Farmer's Market

Wednesday Farmer's Market 9 & 10 am
The Senior Bus will pick you up and drop you off on the 9 & 10 am daily runs. The bus will pick you up from the Market and return to the Center, not your home. For a ride home you must make a reservation for the 1 pm bus leaving from the Center.

Thursday Doctor Appointments 8:15 – 9 am (one way drop off)
Stop & Shop and Shop Rite 9 & 10 am

- **Register With Us!**
- **To register for programs and/or services you must show proof of residency and complete a registration form.** Non-residents may attend classes but will be charged a non-resident fee where specified.
- Registrations are accepted on a first – come – first served basis. Space availability is based on room or bus capacity. Spaces are limited, so register early! For classes, checks are payable to the City of White Plains. For trips and events, checks are payable to the White Plains Senior Advisory Board. For all programs, please use separate checks for each activity.

Cafetería: Delicioso y nutritivo almuerzo diariamente - 11:30 a.m. a 12 p.m. Contribución sugerida: \$2.75. Reservaciones con 24 horas de anticipación. Llamar al 422-1423.

Transportación: Transportación de ida y vuelta de su casa al Centro. Reservaciones con 24 horas de anticipación. Llamar al 422-1423. Donación sugerida: 75¢ por cada vía. Horario del bus: 8:30 a.m. y 10:00 a.m. (hacia el Centro); 1:00 p.m. y 3:00 p.m. (regreso a casa).

Servicio de Transportación Especial: (1 hora para hacer compras)
Jueves: Para citas médicas (una sola vía) de 8:15 a 9:00 a.m. Para ir de compras a Shop Rite and Stop & Shop – Ida y vuelta – 9:00 y 10:00 a.m.
Miércoles: Para el Mercado al aire libre (Court Street)– El bus de las 9 y 10 a.m. le recogerá en su casa y le dejará en Court Street. El bus le recogerá en Court Street y le llevará al Centro, no a su casa. Para transportación hacia su casa reserve el bus de la 1 p.m. que sale del Centro.
Jueves:
Los programas de nutrición y transportación, incluyendo transportación especial del Centro para personas mayores de White Plains está financiado parcialmente através del Departamento de Salud y Servicios Humanos de Estados Unidos, la Oficina para personas mayores del estado de Nueva York y el Departamento de Programas y Servicios para personas mayores del condado de Westchester.

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CREATIVE ARTS

Ceramic Bisque Painting

Create ceramic bisque collectibles and gifts. Registration fee limited to one class only. Class limited to two pieces per season. There will be a cost for pieces selected. Prices may vary dependent on the pieces chosen. Pieces not completed from the previous season will be included as part of the class piece limit. Fee does include paints, glazes, brushes and tools.

Day/Time: Tuesday, 10 am – noon
Course #: 263110 – F7: begins Sept. 24 (8 wks.)
 (no class 11/5)
Course #: 263110 – W7: begins Jan. 14 (8 wks.)
Fee: Resident \$25, Non-Resident \$55

Open Art Studio

This class is open to students of all levels. In this independent workshop environment you will explore working in graphite pencils, colored pencils, soft/oil pastels, conte crayon, clay, assemblage, collage and ink. Fundamentals and techniques in all mentioned mediums will be shown. Class supplies are provided to beginners. Intermediate to advanced students please bring your personal supplies.

Day/Time: Tuesday, 9:45 – 11:30 am
 Thursday, 9 – 11 am
Course#: 263110 – F7: begins Sept. 24 (8 wks.)
Course#: 263110 – W7: begins Jan. 14 (8 wks.)
Fee: Resident \$25, Non-Resident \$55

Watercolor

This course is for beginners and experienced students who want to review techniques, practice technical skills, and become comfortable with how watercolor behaves. We will learn how to plan a painting, and yet relax and have fun as we embrace new ways of creating interesting applications and techniques.

Day/Time: Monday, 10 am – Noon
Course#: 263110 – F5: begins Sept. 23 (8 wks.)
 (no class 10/14, 11/11)
Course#: 263110 – W5: begins Jan. 13 (8 wks.)
 (no class 1/20, 2/17, 3/17)
Fee: Resident \$25, Non-Resident \$55

Materials needed: Beginning Students: At the time of registration, a list of materials to purchase will be available. **Advanced Students:** Bring what you have

NEW!

Let's Sing

Join this informal singing group where you will sing some of your favorite songs and try out some new ones. No experience required, just bring your voice.

Day/Time: Wednesday, 10:30 – 11:30 am
Date: Begins October 9
Fee: Free

Forever Young Singers

Join this performance group as we learn songs which will be performed at upcoming City events. In this formal group you will learn part singing, harmonies and various vocal styles. Rehearsals will focus on 4 – 5 songs per season. No formal training required.

Day/Time: Tuesday, 10 – 11:30 am
Course #: 263110- C1: begins Sept. 24
 (11 weeks) (no program 11/5, 11/26)
Course #: 263110-C2: begins Jan. 14 (9 weeks)
Fee: Free

Simple & Easy Sewing

Learn to make fun and simple handmade sewn crafts or get some guidance on clothing alterations. Basic materials will be provided for craft projects or participants may bring their own material. No experience required.

Day/Time: Friday, 10 – 11:45 am
Course #: 263110-F6: begins Sept. 27
 (no class 10/11, 11/8, 11/29) (8 weeks)
Course #: 263110-W6: begins Jan. 17 (8 wks.)
Fee: Free



Memoir Writing Workshop

This class will help you communicate your experiences in writing, creating a clear and compelling prose.

Day/Time: Tuesday, 10:15 – 11:15 am
Course#: 263310-F4: begins Sept. 24
 (No class 11/5, 11/26)
Course#: 263310-W4: begins Jan. 14 (11 weeks)
Fee: Free

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Computers

Basic Computers



This is an introductory course on the basic elements of the personal computer. Cover topics such as: how to turn on the PC on/off, how to use the mouse, learn about the desktop, access basic internet functions (Internet Explorer), how to create an e-mail account and its use.

Day/Time: Friday, 10:15 – 11:15 am
Course #: 263210-N1: begins Nov. 1 (4wks.)
 (No class 11/29)
 263210-F1: begins Feb. 7 (4wks.)
 263210-M1: begins Mar. 14 (4wks.)
Fee: Resident \$5, Non-Resident \$10

Computers II

Explore files and folders what they are, how to create them, copy, move and delete them. Learn the differences between e-mail directories, created files and folders. Expand on the use of internet searches (Google, Yahoo, Bing).

Day/Time: Friday, 9 – 10 am
Course #: 263210-N3: begins Nov. 1 (4wks.)
 (No class 11/29)
 263210-F3: begins Feb. 7 (4wks.)
 263210-M3: begins Mar. 14 (4wks.)
Fee: Resident \$5, Non-Resident \$10

Computer III

Expand on skills learned in previous courses. Class will cover downloads, working with flash drives, CDs and other storage devices.

Day/Time: Friday, 11:30 am – 12:30 pm
Course #: 263210-N5: Begins Nov. 1 (4 weeks)
 (no class 11/29)
 263210-F5: Begins March 7 (4 weeks)
Fee: Resident \$5, Non-Resident \$10

Digital Camera

Learn how to use your digital camera and how to transfer photos to your computer. Prerequisite: Intermediate knowledge of MS-Windows program operations.

Day/Time: Friday, 11:30 am – 12:30 pm
Course #: 263210-MC: Begins Mar. 14 (4 weeks)
Fee: Resident \$5, Non-Resident \$10



Health & Fitness

Physical Activity Levels

Health & Fitness classes are defined by the minimum physical skills required to participate in the activity. **REMINDER:** Consult your physician before participating in a fitness program. For comfort and ease of movement, dress warm up clothes and appropriate foot wear.

Level 1: movement done in a sitting position only
Level 2: movement done in a sitting position or standing position with support from a chair
Level 3: movement done in a standing position with or without the support of a chair
Level 4: movement done in a standing position without support of a chair, with high level skills in agility, balance and coordination, ability to get down and up from the floor.

Sit & Get Fit – Level 1

Exercise Video

Get a great workout while sitting in your seat.

Day/Time: Monday, Tuesday, Friday, 9:45 – 10:30 am
Course #: 263410-F3: Restarts Sept. 3 Ongoing
Fee: Free

Meditation – Level 1

Learn to heighten the awareness of self through this Eastern modality.

Day/Time: Thursday, 12:30 – 1pm
Course #: 263410-F1: begins Sept. 26 (8 weeks)
Course #: 263410-W1: begins Jan. 16 (8 weeks)
Fee: Free

Gentle Yoga – Level 2

Maintain overall body flexibility and endurance. Stress reduction and relaxation are a plus!

Day/Time: Wednesday, 2 – 3pm
Course #: 263410-F5 begins Sept. 25 (8 wks.)
 (no class 10/30)
Course #: 263410-W5 begins Jan. 15 (8 wks.)

Fee: Resident \$25, Non-Resident \$55

Zumba Gold – Level 3

Zumba is an inspired dance fitness class that incorporates Latin and international music and dance while sculpting and toning your body.

Day/Time: Monday, 10:30 – 11:30 am
Course #: 263410-F6 begins Sept. 23 (8 weeks)
 (no class 10/14, 11/11)
Course #: 263410-W6 begins Jan. 13 (8 weeks)
 (no class 1/20, 2/17)

Fee: Resident \$25, Non-Resident \$55

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Tai Chi Video – Level 3

Try out this new video program. Great for beginners!

Day/Time: Thursday, 11am – noon
Course #: 263410-TV Starts Sept. 5, Ongoing)
Fee: Free

Sculpt & Stretch – Level 2

This group exercise program is heart healthy and easy on the joints. It is designed for active older adults and includes easy- to- follow, low-impact weights, stretch bands with handles, and a ball. The class concludes with balance, stretching and relaxation exercises.

Day/Time: Wed., 1 – 2pm
Course #: 263410-F4 begins Sept. 25 (8 weeks)
 (no class 10/30)
Course #: 263410-W4 begins Jan. 15 (8 weeks)
 (no class 2/12, 2/19)
Fee: Resident \$25, Non-Resident \$55

MAT Yoga – Level 4

Come join us for an invigorating Yoga class. Bring a mat and wear loose clothing. Be prepared to enhance your energy level and stretch your stiffness away.

Day/Time: Tuesday, 10:00 – 11:00am
Course #: 263410-F8 begins Sept. 24 (8 weeks)
 (no class 11/5)
Course #: 263410-W9 begins Jan. 14 (8 weeks)
Fee: Free

ZUMBA Toning – Level 4

Move to international music and get an exciting, effective workout. Routine features aerobic training with a combination of weights for toning and sculpting.

Day/Time: Friday, 10:30 – 11:30am
Course #: 263410-F9 begins Sept. 27 (8 weeks)
 (no class 10/18, 11/8, 11/29, 12/6)
Course #: 263410-W9 begins Jan. 17 (8 weeks)
Fee: Resident \$25, Non-Resident \$55

Line Dancing – Level 4

Class will include some familiar standard and new dances.

Day/Time: Thursday, 10:00 – 11:00am
Course #: 263410-10 begins Sept. 26 (8 weeks)
 (no class 11/28)
Course #: 263410-11 begins Jan. 16 (8 weeks)
Fee: Free

Games

Supervised Bridge

Improve your game with play and discussion of some prepared hands. Practice your skills with random hands and receive constructive criticism. Class is not for beginners. Class is limited to 12 participants.

Day/Time: Tuesday, 1 – 3pm
Course #: 265110-01 Sept. 24 (8 weeks)
 (no class 11/5)
Fee: Residents \$25, Non-Residents \$55

Mah Jongg Instruction

Here is an opportunity to start learning this fun. This is a starter course for beginners. The American version is taught at this class.

Day/Time: Thursday, 1:15 – 3:15pm (6 wks.)
Course #: 265110-M1: begins Sept. 26
Fee: Residents \$20, Non-Residents \$45
Note: A Mah Jongg Card must be purchased on your own to attend the class. Cards can be purchased through the National MahJongg League, 212-246-3052, or you can send a check for \$8 to the National MahJongg League, Inc., 250 West 57th Street, New York, NY 10107.

BINGO!

Day/Time: Tues. & Thurs., 1 – 3pm
 Restarts Sept. 3 Ongoing
Fee: 25c a card, Registration required.

Nintendo Wii Bowling

Learn how to do the hottest TV video game in town and fun bowling with your friends! Look for more information about trips to compete against other senior groups.

Day/Time: Monday, noon – 1pm, Thursday 10 – 11:30am
 & noon – 1:30pm
 Restarts Sept. 5 Ongoing
Date: 265110-04
Course #: 265110-04
Fee: Free, Registration Required

Special Interest Programs

AARP Defensive Driving

Register at the Community Center. There are no refunds unless a 24 hours notice is given **Checks ONLY, payable to AARP.**
Day/Time: Monday, 9am – 4pm
 Sept. 23, Oct. 28, Nov. 25, (No Class Dec.)
 Jan. 27, Feb. 24, Mar. 24
Fee: Members \$17, Non-members \$14

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Broadway Theater Lovers Club

At the club meeting we will discuss current Broadway shows and vote on one to attend. If you are interested in joining this group, bring cash or a check to pay for the trip at the meeting time. For more information call 422-1423.

Needle Crafters

Socialize with friends through knitting, crocheting and embroidery. Some needle craft experience required. Program supports the Center through donations of their work. **Materials are supplied by the group.**

Day/Time: Friday, 1 – 3pm
Course #: 263310-F1 Restarts Sept. 6 Ongoing
Fee: Free

Grupo Social Hispano

Habla Español? Join this social group and share your culture.

Day/Time: Wednesday, 1 – 3pm
Course #: 263310-F2 Restarts Sept. 4 Ongoing
Fee: FREE

Grupo Social Hispano

Unase a este grupo social y comparta las similitudes y diferencias de su cultura con otras personas de habla hispana.

Dia/Hora: Miercoles, 1-3pm
Course #: 263310-F2 Comienza de nuevo el 4 de Septiembre,
 Todo el año
Costo: Gratis

Wellness Support

All support programs are free.

Awakening the Spirit

This program will raise your spirits. Hear some uplifting stories about personal discovery and awareness. Discuss and share about how love, joy, peace and compassion can make a difference in our lives.

Day/Time: Tuesday, 12:15 – 1pm
Date: Sept.3 & 17, Oct.1, 15 & 29, Nov.19, Dec. 3, 17 & 31, Jan. 14 & 28, Feb. 11 & 25, Mar. 11 & 25

Aging & Life Transitions

Join in this open discussion group where you will explore and share experiences related to the process of aging.

Day/Time: Tuesday, 12:15 – 1pm
Date: Sept. 10 & 24, Oct. 8 & 22, Nov.12 & 26, Dec. 10 & 24, Jan. 7 & 21, Feb. 4 & 18, Mar. 4 & 18

Medicare Minute

Once per month, volunteers in the Seniors Out Speaking on Medicare (SOS Medicare) program present a short lecture about an important health care topic, and provide Medicare counseling.

Day/Time: Friday, 12 – 12:30pm
Date: Sept 6, Oct 4, Nov 1 & Dec 6, Jan 3, Feb 7 & Mar 7

Health Smart Club - Telehealth Station

Sponsored by the Visiting Nurse Association of Hudson Valley, the Telehealth Station will allow you to check your blood pressure, oxygen level and weight anytime you are at the Center with this unique computerized kiosk. Your results are confidential and will be sent electronically to a nurse at the Visiting Nurse Association of Hudson Valley for monitoring five days a week. To use this health system you must register with the Health Smart Club at the Community Center Reception Desk. For more information on how to join, call the Community Center at 422-1423.



Living Well Workshop

Discover Ways to Better Health. Learn techniques to manage your symptoms; discover better nutrition, exercise choices and how to meet personal health goals and work with your health care professionals. A course book and tape are provided for use during the course. Registration required by December 20th. Participants must make a commitment to attend all 6 sessions.

Day/Time: Wednesday, 9:00 – 11:30am
Dates: Jan. 8, 15, 22 & 29, Feb.5 & 19 (No class Feb.12)
Fee: Free

Nurse's Corner - Visiting Nurse Association of Hudson Valley

Meet with the visiting nurse for blood pressure readings and questions about medications and diet.

Day/Time: 2nd Monday of the Month (except on Holidays)
 12:30 – 1:30pm
Date: Sept.9, Oct. 21, Nov.18, Jan.13, Feb.10 & Mar.10

Active Older Adult Programs

Taller “Viviendo Saludable” (En Español)

Usted encontrará el apoyo que necesita, maneras prácticas para lidiar con el dolor y la fatiga, descubrirá una mejor nutrición y opciones de ejercicios. También aprenderá mejores maneras de hablar con su médico y su familia acerca de su salud. Este taller interactivo consiste de 6 semanas y tiene una duración de 2 horas y media por sesión. Se le proveerá un libro y una grabación para su uso durante el curso. El espacio es limitado. Inscribese temprano! La fecha límite de inscripción será el 21 de diciembre. Los participantes deben comprometerse a asistir a todos los talleres.

Día/hora: Miércoles, 9:00 – 11:30am
Fechas: Oct.2, 9, 16 y 23, Nov.6 y 13
 (No habrá clase el 30 de Octubre)
Costo: Gratis

White Plains Hospital 50+ Lecture Series

Once a month learn from top notch health professionals on how to stay healthy after the age of 50. Learn how to enhance your energy levels and improve your physical, cognitive and emotional health to live life to the fullest!

Day/Time: Third Thursday of the Month, 5 – 6 p.m.
 Community Center, 65 Mitchell Pl.

Dates/Topics: **Sept. 19** Understanding Macular Degeneration, with Dr. Cliff Ratner

Oct. 17 On the Move: Minimally Invasive Surgery Options for Joint Pain, with Dr. Robert Small, Orthopedic Surgeon

Nov. 21 Oh! my Aching Back, with Dr. Jared Brandoff, Orthopedic Surgeon

Seating is limited. Please call Kellie at 681-1192 or the Community Center at 422-1423 to register. Additional lecture dates: Dec.19, Jan.16, Feb. 20 & Mar.20. Call for topics.

Lunch & Learn Presentations

Learn from professionals from Center for Vein Restoration, Food Bank, Medicare Rights Center, NY Presbyterian Hospital, Night & Day Sleep Services, Visions Services for the Blind & Visually Impaired, Visiting Nurse Association of Hudson Valley, Walgreens, Westchester Independent Living Center, Westchester Residential Opportunities, and more!

Day/Time: Wednesday, 12– 1pm
Sept. 11 Managing Stress Effectively
Sept. 25 Healthy Leg Veins
Oct. 9 ABC's of Medicare
Oct. 23 Stroke Awareness
Nov.13 Resources for the disabled
Nov.27 Medication Management
Dec. 11 Sleep As We Grow Older
Jan. 15 Housing Services for Seniors
Jan. 29 Mental Fitness
Feb. 12 Vision Loss
Mar 26 Food Stamp Guidelines
Mar 26 ABC's of Shingles

Announcements

“Thrifty” Boutique Fall Sidewalk Sale

Here you'll find some great buys! Proceeds help to subsidize the White Plains Senior Citizens Advisory Committee programs.

Day/Time: Monday & Tuesday, 10am – 2pm
Date: September 16 & 17

Interested in Volunteering?

The Senior Program is always looking for individuals interested in volunteering for various programs, services or to share a special skill with the community. If you are interested in sharing your time with us please speak with Martha Guarín, 422-1255.

AARP Tax Help – Coming Back in February 2014 Starts February 3rd

Start accumulating your tax related documents and bring them to along with last year's tax return for an AARP volunteer to help you. No appointments. Service is done a first-come first-served basis. Services are free. For days and hours call 422-1423.

Senior Program Meetings

Your input is important to us! Join us every other month to discuss ideas for senior programs.

Dates: Sept. 23, Nov. 18, Jan. 6, Mar. 3

Senior Citizens Advisory Committee

Our Advisory Committee meets once a month. Please feel free to speak with any committee member listed below with suggestions that you may have.
 Margaret Weaver, Malcolm Baehr, Jean Brown, Lydia Garced, Jane Prout, Pearl Seigal, Agnes Scheu, Adele Zucker

White Plains Senior Program Breast Cancer Bake Sale

Day: Friday, October 11th
Time: 10 am - 3 pm (location to be announced)
 Join us for this important cause. Donations and baked goods are needed. All proceeds benefit the American Cancer Society. Please call Ellen Albers for more information at 422-1423.



“Where to Go, What to Do, Way of Life!”

Active Older Adult Programs

Para Transit Services in White Plains

Para-Transit of Westchester County has started a new pilot program in White Plains, utilizing taxi cab companies to provide Para Transit services for those whose disabilities prevent them from using standard fixed route buses. The taxi service is provided by Intrepid Taxi and the fare is \$4 per way. Only those making trips within the City of White Plains, or one mile outside the city can use this service. Riders can schedule a taxi ride in exactly the same way as they would a van ride by calling Para Transit at 914-995-7272 and press 2. Applications to apply for this program can be picked up at the White Plains Community Center, 65 Mitchell Place. For more information, please call Ellen Albers at (914) 422-1423.

Special Events

Lunch-n-Movie

Join us at the Center for a delicious lunch, followed by a complimentary movie. Lunch is a \$2.75 suggested contribution and is served at 11:30am, movie begins at 12:30 pm. A 24 hour reservation is required to reserve lunch.

Day: Fridays, 12:30 pm
Sept. 6 Spellbound w/ Ingrid Bergman
Oct. 25 Cabaret w/ Liza Minnelli
Nov. 22 August Rush w/ Robin Williams
Dec. 13 The 3 Tenors w/ Pavarotti
Jan. 10 A Song Is Born w/ Danny Kaye
Feb. 21 Roxanne w/ Steve Martin
Mar. 21 Brigadoon w/ Gene Kelly

Loyal Order of Moose Spaghetti Luncheon

Enjoy a delicious, homemade spaghetti lunch and social afternoon with friends. Luncheon is sponsored by the Loyal Order of Moose of West Harrison.

Day: Saturday, Oct. (date TBA)
Time: noon– 2pm
Fee: \$5 suggested contribution
Transportation: On your own or Senior bus transportation provided to and from your home.

Candidates Forum Lunch

Individuals running for various elected offices in NYS, Westchester County and City of White Plains will be invited to introduce themselves and briefly present their platform.

Day/Time: Thursday, October 10
 11:30 –pay that day, \$2.75 cont.
 Noon - Candidates presentations

Senior ArtsFest

Seniors are making the Arts happen in White Plains! Enjoy a day with creativity with performances and exhibits from seniors on our community. There will be a gallery exhibit from our visual artists, creative readings from the Memoir Writers along with performances from the Forever Young Singers and the Line Dancers. Light refreshments will be served.
Day/Time: Saturday, November 16 1 – 4 pm
Location: White Plains Recreation & Parks Community Center, 65 Mitchell Place

Note: Please RSVP by Nov. 9 at 422-1423. Parking is available at the City Center Municipal Lot, Martine Avenue.

Birthday Lunch Celebrations

Join us for lunch and entertainment as we celebrate our member's birthday. Birthdays receive lunch on the house.
Day/Time: Friday, 11:30am - 1pm
 October 11, Fall Birthdays (Sept. - Dec.)
 January 17, Winter Birthdays (Jan. – Mar.)
Fee: \$2.75. Suggested contribution, pay that day.

Special Event Luncheons

Join us for a delicious theme luncheon with live entertainment and raffles. Fees must be paid at the time of registration.

Time: 11 am – 1:30 pm
Oktoberfest: Fri. Oct. 18
Halloween Masquerade: Wed. Oct. 30
Veteran's Luncheon: Fri. Nov. 8
Thanksgiving: Tues. Nov. 26
Chanukkah: Fri. Dec. 6

Holiday Celebration: Wed. Dec. 18
Pre- New Year's Eve: Mon. Dec. 30

St. Patrick's Day: Thur. March 13, \$5 (special bus)
Fee must be paid at the time of registration

Intergenerational Valentine's Day Dinner Dance

Enjoy a fun evening of dancing and a delicious buffet dinner. Program co-sponsored with the White Plains Youth Bureau.

Day: Thursday, February 13
Time: 5 – 8pm
Fee: Free
Transportation: Senior Bus transportation is available to and from your home. At registration please let us know if you need a ride.

NEW!

Active Older Adult Programs

Day Trips

Trip Activity Code:

REMINDER: Your safety and comfort are important to us. Trips require boarding buses, sometimes lengthy walking, climbing steps and standing. Some trips are not suitable for those with ambulatory limitations. If on-going assistance is required, it will be necessary for you to arrange for a companion or aide to attend the trip with you. Please note the activity level descriptions below to determine if a trip is appropriate for you. If you have any questions please contact our office to determine if the trip you are interested in is suitable for you.

- ① Little or no walking; few or no stairs (i.e. Bus drops you off close to the event).
- ② Moderate walking, with places to rest.
- ③ Substantial amount of walking with or without places to rest.
- ④ Lots of walking, with standing for long periods of time.

Tenement Museum/Katz's Deli ④

Visit New York's Tenement Museum which focuses on America's urban immigrant history. Afterwards, lunch at the famous Katz's Deli.

Date: Wednesday, September 18
Time: 9:30am-5pm
Fee: \$22, Lunch on your own
Transportation: Senior Bus - Delfino 9:30 am / Community Center 9:45am



High Line Tour/Rubin Museum ④

Stroll the High Line, a stunning new elevated "ribbon park" in the Chelsea area of New York City. Afterwards, we will tour the Rubin Museum of Art, an American museum dedicated to the collection of the Himalayas and Western world. Lunch is on your own at the High Line.

Day/Date: Wednesday, October 16
Time: 8:30am - 5:30pm
Fee: \$32, Lunch on your own
Transportation: Senior Bus - Delfino 8:30 am / Community Center 8:45 am

Westchester Broadway Theater Show ①

Dates & Shows to be announced
Time: 11am - 4pm
Fee: \$58, all inclusive
Transportation: Senior bus.

Fall Foliage Hudson River Cruise/Brunch at '76 House- Coordinated with the Upper Class. ①

Date: Sunday, October 20
Time: 9:45am- 4:30pm
Fee: \$109, optional medical cancellation \$10.90
Transportation: Motorcoach Bus- departs Crossroads Shopping Center next to Modell's at 9:45 am. You must sign up no later than September 20

Hartsdale Christmas Tree Shop/Lunch at Epstein's ③

Date: Wednesday, November 6
Time: 11am - pm
Fee: \$5, Lunch is on your own
Transportation: Senior Bus - Delfino 11am / Community Center 11:15am

House of the Redeemer/Lunch at EAT Café ②

Visit the historical home of Edith Fabri on 95th Street and 5th Avenue and see the outstanding architecture and design of this New York City landmark. Enjoy a gourmet lunch at Eli's (EAT).

Date: Wednesday, November 13
Time: 10 am-5 pm
Fee: \$18, Lunch on your own at EAT café
Transportation: Senior Bus - Delfino-10am / Community Center 10:15am

Brooklyn's Incredible Holiday Lights/Dinner at Junior's- Coordinated with the Upper Class ②

Holiday tour to experience the remarkable displays and decorations of the stately homes of Dyker Heights. Enjoy a three-course dinner at Brooklyn's landmark restaurant, Junior's.

Date: Saturday, December 7
Time: 1:15pm- 9:15pm
Fee: \$89 per person, optional medical cancellation insurance \$10
Transportation: Motorcoach Bus - departs Crossroads Shopping Center next to Modell's at 1:15 pm. You must sign up no later than November 7.



Active Older Adult Programs

Grand Central Station Tour ④

Discover the revitalized Grand Central Terminal while taking a walking tour.

Date: Friday, January 31
Time: 10:15am - 5pm
Fee: \$10, Lunch on your own. Tour of Grand Central Station takes place at 12:30pm
Transportation: Senior Bus -Delfino 10:15 am /Community Center 10:30 am



Yonkers Raceway Casino ③

Date: Monday, February 10
Time: 10am - 4:30pm
Fee: \$10
Transportation: Senior Bus- Delfino 10 am Community Center 10:15 am

Neuberger Museum of Art ③

Visit the newly renovated Neuberger Museum of Art and view the permanent art collection of over 6,000 works of modern, contemporary, and African art.

Date: Wednesday, February 26
Time: 10am - 2:30pm
Fee: \$9, Lunch on your own
Transportation: Senior Bus - Delfino 10 am / Senior Bus 10:15 am

2014 Philadelphia Flower Show/Lunch at Positano Coast-Coordinated with the Upper Class ④

Shop from more than 140 vendors, sample wine and spirits from around the world, see floral and garden experts in their glory. Prior to the show, you'll experience a taste of the Amalfi Coast when you dine on a three course meal at Positano Coast.

Date: Wednesday, March 5
Time: 8:30am - 8:15pm
Fee: \$129, optional medical cancellation insurance 10%.
Transportation: Motorcoach bus - departs Crossroads shopping Center next to Modell's at 8:30 am. You must sign up no later than February 5.

Culinary Institute/Locust Grove ③

Take a guided tour behind the scenes at the Culinary Institute of America followed by a 3-course menu at the elegant Caterina de Medici. We will make a stop at Locust Grove, the former home of Samuel Morse, artist and inventor of the telegraph.

Date: Wednesday, March 26
Time: 8:45am-5pm
Fee: \$60, all inclusive
Transportation: Senior Center Bus - Delfino 8:45am / Community Center - 9am



Overnight Trips

For more information about trips call Ellen Albers 422-1331

The Wonders of the Chesapeake featuring Wild Horses and Crab Capital of World - sponsored by the White Plains Senior Program and the Upper Class ③

Discover the beauty and relaxed pace of the Chesapeake Bay and Ocean City to experience the sun, surf & history of this wonderful area. You'll enjoy Oceanfront views from your private balcony at the Dunes Manor Hotel.

Date: June 1-4, 2014
Time: Departs at 8:30 am
Fee: \$599 Double, \$785 Single, \$549 Triple (price per person); optional Medical cancellation Insurance 10%. \$120 deposit due by March 1, 2014.
Final payment due April 1, 2014
Transportation: Motorcoach Bus